

Emergency Numbers

City Police	
County Sheriff	
Hospitals/Emergency Clinics	
Shelters	
Crisis Hotline	
Child Protective Services	
Counseling	
Lawyer/Legal Aid	



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Domestic Violence



- **Affects one out of every four women.**
- **Is a violent crime against women and men.**
- **Happens in every culture.**
- **Help is available.**

Domestic Violence Can Happen to Anyone

Domestic violence is a crime that can happen to women and men of all races, income, education, sexual orientation, and religion. It happens in all cultures.

Every year, nearly 6% of California's women suffer physical injuries from domestic violence.

Domestic violence can happen to family members and intimate partners who are married, living together, dating, or couples no longer together.

- Husband and Wife
- Family Members
- Boyfriend and Girlfriend
- Same Sex Couples
- Co-parents of a child
- Dating Teens

In California, it is a crime for a spouse, partner, family member, or date to hurt you in any way, to force you to have sex when you don't want to, to threaten to hurt you or your children, to destroy your property, or to stalk you. Domestic violence includes hitting and other verbal, sexual, emotional, and physical abuse.

Domestic violence not only harms the victim, but frequent exposure can teach children that violence is a normal way of life, to create a cycle of abuse.

Getting Out

Everyone has a right to be safe. No one should live in fear, but walking away from an abusive relationship is not always easy, even when facing threats of deadly harm. Leaving can be complicated by guilt, love, children, shame, pride, financial dependence, or fear of reprisal. Each person has to decide what is right for her or him. Consider talking with a close friend or counselor.

Nearly one-third of women murdered are killed by someone with whom they were intimate.

If you are a victim of domestic violence or know someone who may be, there are agencies, advocates, and shelters that can help. Domestic violence counselors suggest making a safety plan for home and work. These plans will help you take quick action during emergencies to escape violent situations. Many support groups offer sample plans. Having one in place can make your decision to leave easier when an opportunity presents itself or your physical safety demands it.

Over 3 million children witness some form of domestic violence each year.



Some Warning Signs

Your spouse, partner, or date:

- Keeps track of your schedule and whereabouts.
- Keeps you from having contact with your friends or family.
- Controls you by bossing you around.
- Blames others, especially you, for mistakes.
- Is extremely jealous.
- Criticizes you constantly or humiliates you.
- Controls all the money.
- Threatens or hurts you, your children, your family, or your pets.
- Forces you to have sex, or demands sexual acts that make you uncomfortable.

California Laws Against Domestic Violence

- Domestic violence protections apply to married couples, domestic partners, couples living together, former spouses, co-parents of a child, current or past intimate partners, engaged couples, and dating couples.
- Spousal rape is a crime.
- Stalking is a crime.
- Victims can seek a restraining order from the court to keep abusers away, stop stalking, halt destruction of personal property, or end harassment.
- Persons who violate domestic violence restraining orders will be arrested and held for at least 48 hours.

- Persons convicted of misdemeanor spousal abuse, stalking, and other domestic violence cannot own or possess a gun for 10 years.
- Police officers and sheriff’s deputies responding to domestic violence calls are required to give the victim the number of a local shelter and information on legal options.
- Law enforcement officers can make an arrest even if they didn’t witness the domestic violence.
- Upon request, victims will be notified when their abusers are to be released from jail or prison.
- Victims can get one free copy of the police report within five days of the request.
- Victims of domestic violence cannot be discriminated against by insurers.

Getting Help

- **If you are in immediate danger, call 911.**
- **Get to a safe place.** Move to a room with locks on the inside or an area with easy access to an exit and away from possible weapons.
- **Leave the house.** Go to the house of a friend or relative or domestic violence shelter. Take your children, money, keys, driver’s license, medicine, checkbook, cell phone, and key documents, such as Social Security card, passport, or green card.
- **If injured, get medical attention.** You may be hurt worse than you think.
- **Get help.** Contact a local domestic violence shelter or support group. For local resources, call the National Domestic Violence Hotline.

- **Save evidence.** Photograph your injuries. Keep a record of all incidents. You may not want to press charges now, but may change your mind later.

Resources

Safety Alert: What you view on the Internet and your e-mails and instant messages can be monitored and are impossible to completely clear. It may be safer to use a computer in a public library, at a trusted friend’s house, at work, or other place where someone abusive does not have direct or remote access. Cell phone use can also be monitored, and newer cell phones often have GPS tracking features that an abuser could use to find out where you are or where you have been. More private options are traditional “corded” phones used in a safer place than at home.

24 Hours, 7 Days A Week

- **National Domestic Violence Hotline**
Information, assistance, and referrals to local shelters or support groups in English and Spanish. Interpreters for over 170 other languages.
1-800-799-SAFE (1-800-799-7233)
TTY 1-800-787-3224
ndvh.org
- **California Youth Crisis Line**
Confidential assistance to youth, ages 12 to 24, in crisis situations, and concerned friends and family members.
1-800-843-5200
www.youthcrisisline.org
- **California Elder Abuse Reporting Hotline**
1-800-722-0432

Daytime Business Hours

- **Victims of Crime Resource Center**
1-800-VICTIMS (1-800-842-8467)
1800victims.org
- **California Partnership to End Domestic Violence**
1-800-524-4765
cpedv.org

Internet Information

- **California Courts Self-Help Center**
(Protection From Abuse/Domestic Violence)
Online domestic violence and restraining order information.
courts.ca.gov/selfhelp-domesticviolence.htm
- **Asian & Pacific Islander Institute on Domestic Violence**
apiahf.org/apidvinstitute
- **Institute on Domestic Violence in the African American Community**
dvinstitute.org
- **National Latino Alliance for the Elimination of Domestic Violence**
dvalianza.org
- **Strong Hearted Native Women’s Coalition**
strongheartedwomen.org

